

Coronary Heart Disease



Risk Factors

- **Age**
People 65 and older are at a greater risk for CHD.
- **Gender**
Men are more likely than women to have ever been told they have CHD.
- **Heredity/Genetics**
The risk of CHD increases two to three times if a close relative has the disease.
- **Tobacco use**
- **High blood cholesterol:**
Above 240 mg/dL
- **Physical inactivity**
- **Obesity**
- **Diabetes**
- **High blood pressure:**
-Systolic (top number) above 140 mm Hg
-Diastolic (bottom number) above 90 mm Hg

Increases the Risk of Other Diseases:

- **Stroke:** blood flow problems in the brain
- **Sudden cardiac death**
CHD accounts for over half of cardiovascular disease deaths in the U.S.
- **High blood pressure**
- **Heart attack**
- **Angina pectoris:** chest pain or discomfort

Coronary Heart Disease (CHD) is the most common heart condition in the United States. It happens as the result of **atherosclerosis** – when the coronary arteries that supply blood to the heart harden and get smaller because they fill with **plaque** (fatty deposits). Plaque in these arteries makes it harder for blood to travel through them to give nutrients and oxygen to the heart.

Prevention

- **Don't smoke**
Stopping smoking can decrease the probability of having CHD by at least half.
- **Be physically active**
- **Eat healthful foods**
Eat five servings of fruits and vegetables each day.
- **Control weight**
- **Avoid drinking too much alcohol**
Women should drink no more than 1 drink per day and men should drink no more than 2.
- **See a doctor regularly**
 - Monitor cholesterol level
 - Blood pressure should be checked at least every two years if there is a history of high blood pressure.
 - Control diabetes

For more information and data, go to www.SDHealthStatistics.com

Community Health Statistics Unit:
619-285-6479

Facts

- CHD is the single leading cause of death in the U.S.
- 1.2 million Americans had a heart attack in 2007 and about 452,000 of them died.
- Although more Whites die from CHD than other races, Blacks have the highest rates of death from CHD than all other races.

Resources

American Heart Association
<http://www.americanheart.org>

For help to quit smoking in San Diego County:
1-800-NOBUTTS
www.nobutts.org

